



Welcome to Lehi City's Kids Sports Camp!



This camp is a great opportunity to set the tone for a lifetime of athletic enjoyment. The primary focus for the participants is to begin to learn the basics of sports by developing skills. The participants will also continue to refine their dexterity, balance, and coordination.

Just a few reminders:

- ✓ The camp will be held at the Lehi City Sports Complex (700 South 2000 West).
- ✓ Please be sure to have your child wear appropriate athletic clothing which will allow for easy movement.
- ✓ Your child is welcome to bring and use their own equipment for the sport we are doing that day.
- ✓ While we have access to water fountains, it is a good idea to bring a water bottle to drink. We also recommend sunscreen.

Camp Schedule

9:00-9:20 – Warm-up game and stretching
9:20-9:40 – Skill #1
9:40-10:00 – Skill #2
10:00-10:05 – Water break
10:05-10:25 – Skill #3
10:25-10:45 – Skill #4
10:45-11:00 – Games/Scrimmage



Thanks for your participation. We look forward to a fantastic camp!